

THE CHARLIE RATION COOKBOOK

OR
NO FOOD IS TOO GOOD
FOR THE MAN UP FRONT



FRED
RHODES



Great battles have not only produced famous generals, but gourmet dishes as well. Chicken Marengo was named after the battle of Marengo, in which Napoleon Bonaparte defeated the Austrians on the 14th of June, 1800. This dish was first cooked on the battlefield itself by Dunand, chef to Napoleon.

Bonaparte, who ate nothing until after a day's battle was

over, had gone forward with his general staff and was a long way from his supply wagons. Seeing his enemies put to flight, he asked Dunand to prepare dinner for him. All the chef could find were three eggs, four tomatoes, six crayfish, a small hen, a little garlic, some oil and a saucepan. He then and there created the Chicken Marengo.

The dish was served on a tin

plate, the chicken surrounded by the fried eggs and crayfish, with the sauce poured over it, the water being laced with brandy borrowed from the General's flask. Bonaparte, having feasted upon it, said to Dunand, "You must feed me like this after every battle."

The American fighting man today does not have a personal chef, but he does have his C-

Rations. The contents of these remarkable packages contain far more nutriment than normally required for any man in the field and offer solid, good-tasting meals that are the envy of fighting men all over the world. Occasionally, though, a trooper will find it necessary to depend on C-Rations for a prolonged period of time . . . and it is with this in mind that TABASCO brand pepper sauce thought of a recipe book to help add dash and variety. There is no telling what gastronomic creations can be concocted with the C-Rations as a basic, combined with what the American trooper can find in the field or village near the combat zone. All he needs is imagination and a buddy who will act as assistant chef.

Whether eaten alone, with a buddy or two or in a group, the recipes found in this book are

predominantly based on the single units and various combinations of the basic C-Rations. Outside ingredients may help, but they are not essential to the menus. (Another thought: when combat situations make it impossible to do anything with your C-Rations

except open them up and eat them cold, adding Tabasco right from the bottle will always add a distinctive bright flavor.)

G.I. Joe has gone gourmet. These recipes were created for the fighting man in the field. Bon appétit.



FOX HOLE DINNER FOR TWO *(Turkey and Chicken Poulette)*

- Two spoons butter or oil or fat
- Two spoons flour
- *One can chicken and noodles
- *One can turkey loaf, cut up into pieces
- Three dashes TABASCO pepper sauce
- *Salt and pepper to taste
- *One can cheese spread
- *12 spoons milk
- *Crackers from one C-Ration can, crumbled

No one likes to dine alone, and this recipe is ideal to combine a variety of C-Ration Units.

Melt butter or oil or fat, add flour and stir until smooth. Add milk and continue to cook until sauce begins to thicken. Add cheese spread and cook until cheese melts and sauce is even. Empty cans of turkey loaf and chicken noodles into the cheese sauce. Season with Tabasco, salt and pepper to taste and continue cooking. Cover poulette with crumbled crackers and serve piping hot.
* *This is from your Basic C-Ration*

SOUP DU JOUR

- *One can ham and lima beans, mashed
- One equal can hot water
- *Salt and pepper to taste
- A generous dash TABASCO pepper sauce
- Three spoons green onions, chopped and sautéed in butter or oil or fat
- Two spoons butter or oil or fat for the onions
- Four spoons butter or oil or fat for the bread croutons or crumbled crackers
- *Fried bread croutons or crumbled crackers

There is a soup du jour on every menu in every American restaurant from Maine to Frisco. There is no reason why the Armed Forces should be an exception. The front line fighting man has one advantage. He knows what goes into his soup du jour.

Mash the ham and lima bean mixture to a pulp. Combine with a can of hot water and bring to a boil, stirring briskly all the time. Add Tabasco and salt and pepper to taste. Serve piping hot, garnished with fried white bread croutons (pieces of white bread cut up into cubes) or crumbled crackers sautéed in butter or oil or fat.

* *This is from your Basic C-Ration*

BREAST OF CHICKEN UNDER BULLETS

- *One can boned chicken
- *One can cheese spread
- *Salt and pepper to taste
- One dash TABASCO pepper sauce
- *White bread
- Two spoons butter or oil or fat, if available

Breast of chicken under glass was never intended for areas where glass and shrapnel fly. This dish can be prepared in quick time, using only the Basic C-Ration.

Heat the can of boned chicken in a meat can. Melt the cheese spread. If butter or oil or fat is available, add two spoons. Season with salt and pepper and Tabasco. Cut loaf of white bread in half, trimmed if so desired. Place a mound of chicken over each half of white bread and cover each with the hot melted cheese sauce. This should stick to your ribs.

* *This is from your Basic C-Ration*

BATTLEFIELD FUFU *(Chicken with Peanut Butter Sauce)*

- *One can boned chicken
- *One can peanut butter
- Two spoons butter or oil or fat
- One spoon soya sauce
- Two dashes TABASCO pepper sauce
- *Two to three spoons milk

Ham slices or pork steaks may be substituted for the boned chicken. No matter what you do to it, though, it is still Battlefield Fufu.

Melt the butter or oil or fat and add the peanut butter. Stir until well blended. Add the milk and continue cooking until sauce is smooth. Now add the can of boned chicken, pulled apart, and the soya sauce and Tabasco. Continue cooking until hot and smooth. This may be served over boiled rice or crumbled crackers or with white bread.

* *This is from your Basic C-Ration*

HAM WITH SPICED APRICOTS

- *One can fried ham, sliced with juices
- *One can apricots with juice
- *One can jam
- Three spoons flour
- Three spoons butter or oil or fat
- One spoon lemon juice
- One spoon soya sauce
- Generous dash TABASCO pepper sauce
- *Salt and pepper to taste

Melt butter or oil or fat, add flour and stir until well blended. Add the jam and cook until melted. Now add the juices from the ham and the apricots as well as the lemon juice, soya sauce and Tabasco. Salt and pepper to taste. Con-

The following ingredients may be found in the battle theater by begging, borrowing or bartering. When available, these items have been incorporated with the C-Rations to bring out their hidden secrets, whatever they may be:

Eggs
Pineapple . . . fresh
Soya sauce or a fish sauce (rather smelly but peculiar to the natives and used in almost everything)
Bean sprouts
Oranges . . . a special variety in Viet Nam
Bananas or plantains
Lemons
Breadfruit
Fat . . . pork or oil
Onions
Bamboo shoots
Rice
Water chestnuts
Peanuts
Fish . . . from the streams
Fresh water shrimp

A young hen or old rooster. (Occasionally the chance will come up to "requisition" one of these birds from the countryside; some fast hand-work with a fishpole and a steel pot will usually do the trick.)

Whenever flour is called for, soya or rice flour can be substituted for plain flour. Wherever butter is called for, margarine, fat or oil may be used.

The following are the basic measurements you will need for all recipes. You will find them in your basic C-Rations.



In all measurements, the plastic spoon found in each C-Ration Unit will be used as a standard.

When cans of liquid are required, either the small C-Ration Can or the large C-Ration Can will be indicated.



In all cases, a complete can of each C-Ration is used for one person. Add as many cans as is necessary for a formal fox hole dinner or the usual scroungers.

Cigarettes will be found in all C-Ration Accessory Packets. Most gourmets frown upon smoking between courses. However, a special dispensation is granted to the man up front.



tinue cooking until sauce is thick. Separate the ham slices and continue cooking in this mixture til hot. At the last five minutes, top each ham slice with a half apricot and keep basting for a few more minutes with the thickened sauce. Serve this hot with white bread.

**This is from your Basic C-Ration*

PORK MANDARIN

- *One can pork steaks
- Green onions, chopped
- Two spoons water chestnuts, chopped
- Three spoons butter or oil or fat
- Three spoons flour
- Five spoons pineapple chunks, fresh or canned
- Small can pineapple juice, fresh or canned
- Half a can orange juice
- Two spoons lemon juice
- Generous dash TABASCO pepper sauce

One spoon soya sauce . . . two, if desired
If any candied ginger or fresh ginger root is available, a few slices may be added.

The original for this recipe took a lot of time; if you followed it, the VC would be sitting in your lap. Here's a real quick way to cheat Charlie and have something different.

Melt the butter or oil or fat and sauté the onions and chestnuts for about five minutes. Add the flour and stir until smooth. Add the pineapple juice, the lemon juice, the orange juice and continue cooking until the sauce is smooth. Add the pineapple chunks and other ingredients and, if available, the candied ginger or ginger root. Continue cooking until sauce is very smooth. Now separate the pork steaks and add to this mixture, along with the juices from the can. Continue cooking until well heated and bubbling. This may be served over boiled rice or crumbled crackers.

**This is from your Basic C-Ration*

TIN CAN CASSEROLE

- *One can franks and beans
- *One can beefsteak with potatoes
- Generous dash TABASCO pepper sauce
- *One can crumbled crackers
- *One can cheese spread, melted
- Four spoons green onions, chopped coarsely
- Two spoons butter or oil or fat
- One small can of water, if necessary

The casserole can be elegant, but as most men know, women often use it as a camouflage for a hasty meal after a long bridge game. Here's a recipe to put the Old Lady's Bridge Casserole to shame.

Melt butter or oil or fat and sauté onions in it. Then add the cheese until it is melted and well blended. Now add the crackers for a few minutes and then return to tin can or other cooking utensil. Combine a can of franks and beans with the beefsteak and potatoes to this mixture and correct the seasoning. Cook for as long as necessary, seeing that the



casserole is always thick. However, if it gets too thick, add a little water as a thinning agent.

This can be served over boiled rice with an added dash of Tabasco just before eating.

**This is from your Basic C-Ration*

CREAMED TURKEY ON TOAST

Four spoons bamboo shoots or bean sprouts

Two spoons green onions (green part only)

Two spoons butter or oil or fat

*15 spoons milk

Three drops TABASCO pepper sauce

*Salt and pepper to taste

*One can turkey loaf, sliced

*One can white bread

Two spoons flour

This is a more elegant version of War II's S---on-a-shingle.

Melt butter or oil or fat and sauté onions or bamboo shoots. Add flour and cook until smooth. Now add the spoons of milk, a few at a time, and continue cooking til sauce is thick and smooth. Add other ingredients and then the sliced turkey, and continue cooking til turkey is well heated through. Serve immediately over rounds of white bread, which have been fried in butter or oil or fat or toasted, if possible.

**This is from your Basic C-Ration*

FISH WITH FRONT LINE STUFFING

Green onions, chopped (green and white parts)

Two spoons butter or oil or fat

Generous dash TABASCO pepper sauce

One spoon lemon juice

Eight spoons bean sprouts

*One can crumbled crackers

Two spoons water chestnuts, chopped

One spoon soya sauce

*Salt and pepper to taste

*One can ham and egg, minced

*Enough spoonfuls of milk to moisten mixture

Catch a fish. The above stuffing is enough for about a two pounder. Scale and clean the fish and stuff with the above, prepared as below. The stuffing may be doubled pending on how many and what size fish you caught.

Rub the fish inside and out with a little lemon juice and a few drops of Tabasco, as well as a little melted butter or oil or fat.

Melt butter or oil or fat and sauté onions in it. Then add bean sprouts and water chestnuts and cook for about five minutes. Add the minced ham and egg mixture and then add all other ingredients, adding the milk last and just enough to moisten the stuffing.

Stuff the fish with this mixture and secure with a string if necessary.

If a make-shift oven is possible, bake the fish til done. Fish does not have to cook for very long, no matter how it is cooked. If an oven is not available, the fish can be cooked in a skillet with some butter or oil or fat and turned frequently until done, basted with a little water. In the latter case, the stuffing should be heated separately.

**This is from your Basic C-Ration*

COMBAT ZONE BURGOO

Two spoons butter or oil or fat

Three spoons chopped onion

One chicken, cut up and boiled until almost tender

*One can spiced beef with sauce

*One can ham and lima beans

*Can of crackers, crumbled coarsely

*Salt and pepper to taste

Generous dash TABASCO pepper sauce

Kentuckians will recognize this as a variation of a back hills Burgoo, which is real man-size eating. It is an ideal fox hole dinner for two or more.

Melt butter or oil or fat and sauté the onions. Combine the cans of lima beans and ham with the spiced beef and juices and add the cut up pieces of chicken. Add the crumbled crackers to this, the Tabasco and salt and pepper to taste. Cook slowly until the chicken almost falls off the bones. If the Burgoo is too thick, thin with some of the chicken stock.

When you have pre-boiled the chicken, you will have some excellent chicken stock on hand. Get with a buddy and make the soup found in the following recipe.

**This is from your Basic C-Ration*

PATROL CHICKEN SOUP

Four spoons minced onion or green onions

Four spoons butter or oil or fat

Four spoons flour

One dash TABASCO pepper sauce

*Salt and pepper to taste

*Two large cans of the chicken stock from the above recipe

*Crackers

*One small to one large can milk

Melt butter or oil or fat. Sauté onions in butter or oil or fat, and add flour. Stir until smooth and thick and gradually add the hot chicken stock until soup is well blended and thickened. Add Tabasco and salt and pepper, and serve immediately with broken pieces of crackers.

If a potato or two is available in the field, cut up in small pieces and cook in the chicken stock mixture until the pieces completely disintegrate. Add milk to the thickened mixture and you have COMBAT ZONE VICHYSOISE. If rice is available, try the same with the overcooked rice, but don't mention it to a real gourmet.

*This is from your Basic O-Ration

GUARD RELIEF EGGS BENEDICT

- *White bread
- *One can ham and eggs, chopped
- *One can cheese spread
- One dash TABASCO pepper sauce
- One spoon butter or oil or fat
- One spoon flour
- *Four to six spoons milk
- Four spoons butter or oil or fat for frying the bread
- *Salt and pepper to taste

Most recipes for Eggs Benedict called for split and toasted English Muffins. However, there is no reason why G.I. white bread can't be used now. Just be sure to split your loaf in half; never cut it with a knife. Don't ask why . . . it just tastes better.

In a meat can, fry the two halves of white bread. Cut the can of ham and egg mixture and heat. Place a piece of the ham and egg mixture on each half of bread and cover with a sauce made as follows:

Melt the butter or oil or fat and add the flour, blending well with a spoon. Add the milk and blend until smooth. Add the can of cheese spread and stir until melted. Add Tabasco and salt and pepper. Pour immediately over each half of the egg and bread combination.



This is a very simple breakfast dish for two or more, especially if one guy prepares the sauce while the other heats the eggs and bread mixture.

*This is from your Basic O-Ration

BEEFSTEAK EN CROUTE

- *White bread
- Two spoons green onions (white part) or plain onions . . . minced
- *One can beefsteak with juices, cut up into small pieces
- Generous dash TABASCO pepper sauce
- *Salt and pepper to taste
- One spoon butter or oil or fat
- *Bread crumbs from center of loaf of bread
- One to two spoons water

En croûte simply means in a pastry shell, and the regulation white bread lends itself to such a shell with no trouble whatsoever.

Scoop out the center of the white bread til you have a shell. Reserve the bread as crumbs. Saute the onions in the melted butter or oil or fat for a few minutes. Sprinkle the bread crumbs over this and moisten with the juices from the meat, plus a spoon or two of water. Cut the meat up into fine pieces and season with salt, pepper and Tabasco. Spread melted butter or oil or fat inside the shell and fill with the meat mixture. This mixture is enough for two shells.

If an oven is available, simply bake for about ten minutes. If no makeshift oven is possible, heat the mixture and the bread separately and then fill and serve.

**This is from your Basic C-Ration*

CURRIED MEAT BALLS OVER RICE

*One can meat balls and beans. Separate them and reserve the beans for a soup

One can of water

Two spoons flour

Two spoons butter or oil or fat

Three spoons curry powder

Three dashes TABASCO pepper sauce

*Salt and pepper to taste

Use only the meat balls and some of the juices. Add a can of water.

In a meat can, melt the butter or oil or fat and add the flour and curry until smooth. Gradually add the water from the can of meat balls until the sauce is good and hot and smooth. Add the meat balls and heat thoroughly. Season and serve over boiled rice, if available.

**This is from your Basic C-Ration*

LEFTOVER BEAN SOUP

*Beans from a can of meat balls and beans

Two spoons butter or oil or fat

Two spoons minced onions

One spoon flour

*Salt and pepper to taste

Generous dash TABASCO pepper sauce

One can water

Mash the beans slightly so that some are still whole. Add to this mixture one can of water

Melt the butter or oil or fat and sauté the onions. Add the flour and stir til

smooth. Gradually add the water-bean mixture and continue stirring until thick and smooth. Correct seasoning and serve piping hot. Just before serving, top with some crumbled crackers and an added dash of Tabasco.

**This is from your Basic C-Ration*

CEASE FIRE CASSEROLE

Three spoons chopped green onions

Two spoons butter or oil or fat

Two spoons flour

Four spoons bean sprouts

*One can beefsteak with juices

*One can spiced beef with sauce

Three drops TABASCO pepper sauce

*Salt and pepper to taste

Two cans water (using can from spiced beef as a measuring cup)

One spoon soya sauce

Melt butter or oil or fat in skillet. Sauté green onions and bean sprouts for a few minutes. Sprinkle flour and mix until well blended. Add one can of water, a little at a time, until sauce is thickened. Transfer this to a steel helmet or other cooking utensil and add the beefsteak with juice, the spiced beef with sauce and the second can of water. Cook slowly til all ingredients are well blended and the sauce is good and thick. Serve the casserole over boiled rice or sprinkle the casserole with crumbled crackers just before serving.

If enough men get together to contribute Basic C-Rations, there will be enough food to feed a squad.

**This is from your Basic C-Ration*

RICE PADDY SHRIMP

Enough shrimp, cleaned and peeled, to fill a large empty C-Ration can

Two spoons green onions

Three dashes TABASCO pepper sauce

*One can cheese spread

Three spoons butter or oil or fat

Three spoons flour

*Salt and pepper to taste

*15 spoons milk

Fresh-water shrimp is available in the village market. However, you may have to wait in line with the natives. There are fresh fish available in lakes, waiting for you to come and catch them. All you need is a net.

Melt butter or oil or fat and sauté the green onions. Add the flour and stir until smooth. Now add the milk gradually and continue cooking til well blended. Add cheese and stir til melted. Add the seasonings and then the shrimp and cook til well blended and the shrimp hot. Serve over boiled rice.

**This is from your Basic C-Ration*

POUND CAKE WITH CHOCOLATE SAUCE OR BATTLEFIELD BIRTHDAY CAKE

*One can pound cake

*Two rounds chocolate candy

Two spoons butter or oil or fat

*Three spoons milk

Everyone has a birthday. With all due respect to Mom, this is much better than the bashed-in, smashed-up crumbs that were baked at home months ago.

Open pound cake and set aside. Melt butter or oil or fat in a mess can. Add broken pieces of chocolate and continue cooking until melted. Do not overcook. Add milk to make a smooth and creamy consistency. Pour the chocolate mixture over the pound cake and allow to set til icing is firm. Candles are optional.

If butter or oil or fat is not available, it is best to make the icing with just the milk.

**This is from your Basic C-Ration*

DATE PUDDING WITH FRUIT SAUCE

- *One can date pudding
- Two spoons butter or oil or fat
- *Two spoons flour
- *One can jam
- *One can fruit salad

Melt butter or oil or fat and add flour and cook until smooth. Add juices from fruit cocktail and jam. Continue cooking until sauce is thick and smooth. Add the pieces of fruit and a few drops of lemon juice, if available. Pour the hot sauce over the date pudding and serve.

**This is from your Basic C-Ration*

PECAN CAKE ROLL WITH PEANUT BUTTER SAUCE

- *One can pecan cake roll
- Four spoons butter or oil or fat
- *One can peanut butter
- Two spoons butter or oil or fat

Slice cake roll, fry slices in the four spoons of butter or oil or fat and, when crisp, put to one side. Cover each slice with the following sauce:

Melt two spoons butter or oil or fat, add peanut butter and melt til smooth and thick. Immediately pour over the pecan roll slices and serve with hot coffee.

**This is from your Basic C-Ration*

BISCUITS AND TEA

Some C-Ration Units contain sweet biscuits or cookies, and these appear to be the real thing. No self respecting teetotaler will turn them down. Save them—you never know when an Englishman may drop in for high tea.

When alone, away from fox hole, company headquarters and with no time to follow even the simplest of these recipes, open your can of C-Ration, eat it cold and thank God you're an American.



Original Idea by BGen. W. S. McIlhenny, as a result of letters from G.I.'s in Viet Nam asking for tasty recipe ideas.

Recipes and Text by Christopher Blake, well-known gourmet/playwright and War II G.I.

Cartoons and Illustrations by Fred Rhoads, author of the famous "Gismo" and "Eight Ball" series in LEATHER-NECK.



HE'S THE TOUGHEST GUY IN THE OUTFIT! HE USES
 $\frac{1}{2}$ SPOON OF TABASCO SAUCE WITH HIS "C"-RATIONS

Want another "Charlie Ration Cookbook" for a friend? Write McIlhenny Company, Dept. CRB, Avery Island, La. 70513 for an additional free copy.

